

# Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program  
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

## Healthy holiday treats

Thursday, December 3  
1:00 p.m.

Vermont Department of Health  
WIC Office  
McFarland Office Building  
Barre

December can be cold, dark and snowy, but then with children playing in the snow they may want a nice treat to keep them fueled up once inside. Ever wonder what to provide your child during the holiday season that can be a healthy choice? We all have family traditions which include baking, cooking, and making small finger style snacks. Come to a free class to learn some new, fresh ideas to keep your holiday season nutritious and delicious. Learn to stretch your holiday dollars and let's create a hands-on recipe together that your little ones will enjoy.

Call Debbie at 476-7442 to reserve your place.

## Becoming a father

Monday, December 7

6:00–8:00 p.m.

The Nest

Good Beginnings Resource Center  
174 River Street  
Montpelier

A conversation about starting a family. Share hopes and fears, and what to expect with your new identity as dad with others like you. Offered by Josh Miller.

Call 802-595-7953 or email  
[gbcvinfo@gmail.com](mailto:gbcvinfo@gmail.com) to attend.

All activities are FREE  
of charge!





## Get WIC your way with the new WIC card!

More choices and greater convenience are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card. Starting April 2016, you will shop for all your WIC foods at major supermarkets using the new WIC card.

### More choices

With an expanded number of WIC-approved food items, you will get to choose among many different brands for dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! Exciting new additions to the WIC food list are yogurt, whole wheat pasta and tortillas.

The WIC card does not change the amount of WIC food benefits you receive, but it will give you more flexibility to buy what you want each month, when you need it. WIC is also expanding our nutrition education offerings so you will have more opportunities to get ideas and make connections that will help you keep your family healthy and happy.

### Getting your card

Bring your family to an eWIC Learning Session to get familiar with the new food choices and to see how the WIC card works. Watch for the schedule of dates with your home deliveries. We'll also post the schedule on the Vermont Department of Health WIC website and the Barre Facebook page. Sign up early so you won't miss out when it's time to shop. After attending the eWIC Learning Session, you will receive your new WIC card in the mail.

### Ready, set, shop!

Home delivery for Barre District Office WIC families will end the last week of March, 2016. You'll be able to use your new WIC card in authorized stores beginning April 1st. Your food benefits will be re-issued every three months, either at a WIC appointment, a group event, or after completing an online nutrition activity.

The new WIC card will give you more flexibility, expanded choices, and greater convenience in using your WIC food benefits. It's one of the ways WIC is working hard to be your trusted source for good nutrition.

Learn more at [healthvermont.gov/wic](http://healthvermont.gov/wic)  
or [facebook.com/vdhbarre](https://www.facebook.com/vdhbarre)

## Barre eWIC Learning Sessions

Drop in anytime during the times listed.

**Tuesday, January 5**

1:00–4 p.m.

Barre WIC Office

**Thursday, January 7**

4:00–6:00 p.m.

Highgate Housing Community  
Room - Barre

**Saturday, January 9**

9:00–11:00 a.m.

Thatcher Brook School

The Children's Room

47 Stowe Street

Waterbury

**Monday, January 11**

9:00 a.m.–3:00 p.m.

Barre WIC Office

**Wednesday, January 13**

8:00 a.m.–Noon

Barre WIC Office

**Thursday, January 14**

10:00 a.m.–Noon

Plainfield Health Center,  
downstairs

**Wednesday, January 20**

3:00–6:00 p.m.

Waterbury Congregational  
Church

**Group session**

**Thursday, January 21**

5:30 p.m.

Barre WIC Office

**Monday, January 25**

9:00 a.m.–3:00 p.m.

Barre WIC Office

**Wednesday, January 27**

1:00–4:00 p.m.

Barre WIC Office

Call the office for additional  
learning sessions in February.